



GLEN BERNARD OUTDOOR CENTRE

Sample Menu

Day 1		Day 2		Day 3		Day 4
		BREAKFAST		BREAKFAST		BREAKFAST
		Juice Coffee/tea/ hot chocolate Hot & cold cereal Toast Bacon & Eggs Fruit Yogurt		Juice Coffee/tea/ hot chocolate Hot & cold cereal Hash browns & Sausages Fruit Yogurt		Juice Coffee/tea/ hot chocolate Hot & cold cereal Muffins & Croissants Eggs Fruit, Yogurt
LUNCH		LUNCH		LUNCH		LUNCH
Chicken Burgers Carrot & Celery sticks Potato Chips Fruit	Vegetarian Option: Broccoli & Cheese Quiche	Soup Selection of Salads: Pasta, Garden, Potato and Bean salad Bread sticks Fruit		Deli-Style Submarine Sandwiches Celery & Carrot sticks Fruit		Calzones Carrot & Celery sticks Fruit Vegetarian Option: Vegetarian Calzones
DINNER		DINNER		DINNER		
Lasagna Caesar Salad Bread Milk Ice Cream Bars	Vegetarian Option: Vegetarian Lasagna	Chicken Breasts Mixed Vegetables Bread Milk Cookies	Vegetarian Option: Falafels	Cheeseburgers Potato Chips Garden Salad Milk Ice Cream & Choc. Sauce	Vegetarian Option: Veggie Burgers	